

## **HIGHGATE MEDICAL CENTRE**

### **OCTOBER 2025 NEWSLETTER**



#### **Self Care**

Visit [www.nhs.uk](http://www.nhs.uk)

Minor cuts and grazes, bruises and minor sprains.  
Coughs and colds.  
Sore throat.



#### **Pharmacy**

Minor ailments  
Bits and stings  
Upset Stomach  
Medication advice



#### **NHS 111**

Feeling unwell?  
Need medical advice?  
Don't have a GP to call?



#### **GP Advice**

Out of hours  
Call 111  
Persistent symptoms  
Chronic pain  
Long term conditions



#### **Urgent Care Centres**

Breaks and sprains  
X-Ray and Ultrasound  
Cuts and grazes  
Fever and rashes



#### **A&E or 999 Emergencies only**

Choking  
Chest pain  
Blacking out  
Serious blood loss

### **Queue & Wait clinics are back!**

We now have Queue & Wait (walk-in) clinics up and running at Haymarket Health.

#### **Our Queue & Wait clinic will prioritise:**

People with genital symptoms  
Services for people aged under 18  
People who need emergency contraception  
People who need PEP

You don't need an appointment. However, our clinics are very busy and fill up quickly. If we are unable to see you at our walk-in clinic, you will be offered an appointment or signposted to an alternative service.

For further information, visit our website:  
<https://orlo.uk/HpJft>

**Queue & Wait Clinics are back!**

**Monday**  
1:30PM – 5:00PM (all ages)

**Tuesday**  
8:30AM – 12:00PM (all ages)

**Wednesday**  
1:30PM – 6:00PM  
(CHOICES clinic for ages 18 & under)

**LSH**  
Leicester Sexual Health

### **Stoptober starts today!**

You are doing the best thing you can for your health by quitting - and you don't need to do it alone.

There are plenty of ways to get support, but the best way to get started is to get your free Personal Quit Plan here: <https://www.nhs.uk/better-health/quit-smoking/staying-smoke-free/>

**STOP TOBER** **NHS**

**STOPPING STARTS TODAY**

Make it to 28 days  
smoke free and you're  
5 times more likely  
to quit for good.

Let's quit smoking together

### **Registering With A GP Surgery Now Made Easier**

Register with Dr MK Lakhani's Practice Online

You don't need proof of address or immigration status, ID or an NHS number to fill out the form.

You will be registered within 48hours.

This service is part of the NHS, so your personal information will be kept safe.

### **Register with Dr Mk Lakhani's Practice**



**Scan the QR Code Above**

### **Flu Vaccine**

The Flu vaccine helps protect against flu, which can be a serious or life threatening illness. Its offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu.

You can get the free NHS flu vaccine if you:

- Are aged 65 or over
- Have certain long term conditions
  - Are pregnant
  - Live in a care home
- Are the main carer for an older person or disabled person, or receive carers allowance
- Live with someone who has a weakened immune system.

**Week commencing 15<sup>th</sup> September we have clinics for pregnant women, children aged 2 + 3 and children in at risk group.**

Overall flu clinics will start from 1<sup>st</sup> October, with a **Saturday flu clinic on 4<sup>th</sup> October.**

Please contact the surgery to make an appointment

### **Friends and Family Test Feedback (FFT)**

Each week we send links to randomly selected patients to complete a survey following contact with the surgery the previous week. If you receive this survey, we would be very grateful for your response so we can understand what we are doing well and where we can improve.

**For September 96 % rated the Surgery very good or Good**

### **Bank Holidays 2025**

Wednesday 1<sup>st</sup> January 2025- New Years Day  
Friday 18<sup>th</sup> April 2025- Good Friday  
Monday 21<sup>st</sup> April 2025- Easter Monday  
Monday 5<sup>th</sup> May 2025- Early May Bank holiday  
Monday 26<sup>th</sup> May 2025- Spring Bank Holiday  
Monday 25<sup>th</sup> August 2025- Summer Bank Holiday  
Thursday 25<sup>th</sup> December- Christmas Day  
Friday 26<sup>th</sup> December- Boxing Day

### **OUT OF HOURS**

Patients should call NHS 111 for assistance when the surgery is closed.

999 for an Emergency.

Visit our website on [www.highgatemedicalcentre.nhs.uk](http://www.highgatemedicalcentre.nhs.uk)